

M
MONDAY**Well BEing:**

11:00 am - 12:30 pm

Attend as often as you need, share as you are comfortable. (SH)

Creative Writing

1:30 pm - 2:30 pm

Join us as we explore our creativity while we engage in using creative writing prompts within our group's spaces.

Materials needed: paper and something with which to write. (SC)

Note: this group runs bi-weekly

April 8, 22, May 6, June 3 & 17.

T
TUESDAY**Daily Wellness Planning:**

10:30 am - 12:00 pm

Support yourself with learning about and implementing daily planning strategies. (SH)

W
WEDNESDAY**Navigating Stress & Anxiety:**

1:30 pm - 3:00 pm

Explore and develop wellness tools and self-care strategies. (SH)

T
THURSDAY**We Matter:**

6:00 - 7:30 pm

Collectively explore topics of self-compassion, self-awareness, self-esteem and self-worth. (SH)

F
FRIDAY**Social Room:**

1:30 - 3:00 pm

Pull up a chair in our virtual café for fun, interactive team-building games, and café style conversation through topics such as Pop Culture, Improv activities and revisiting trends and events "Through the Decades". (SC)

Our Social Connections groups (SC) are open to all on a drop-in basis. Our Self-Help groups (SH) require a short registration process. Please visit our Virtual Self-Help section of our website to register. Check out our Peer Resource Hub for a list of self-directed resources.

Centre for Innovation in Peer Support's virtual programs are open to anyone age 16 and up and free of charge!